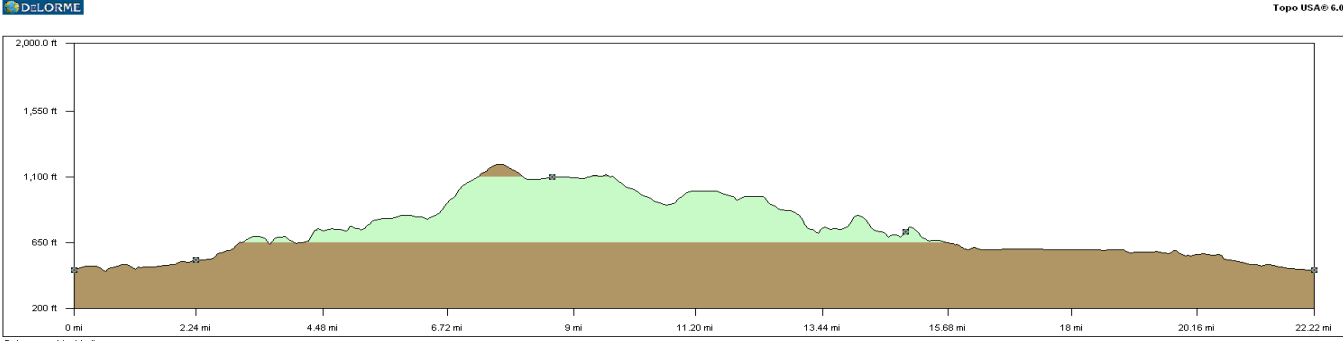


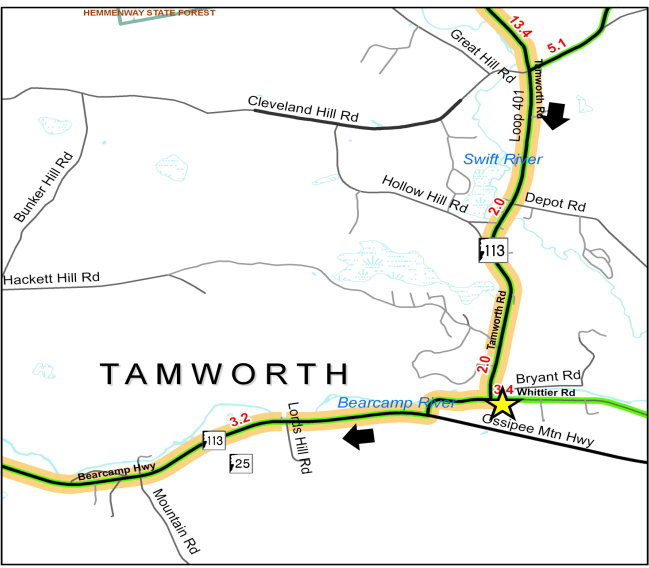
RECREATIONAL LOOP 401

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
E2	401	Tamworth	Clockwise	22.2	Beginner	Miles Pond Brag Pond Hemmenway State Forest Swift River



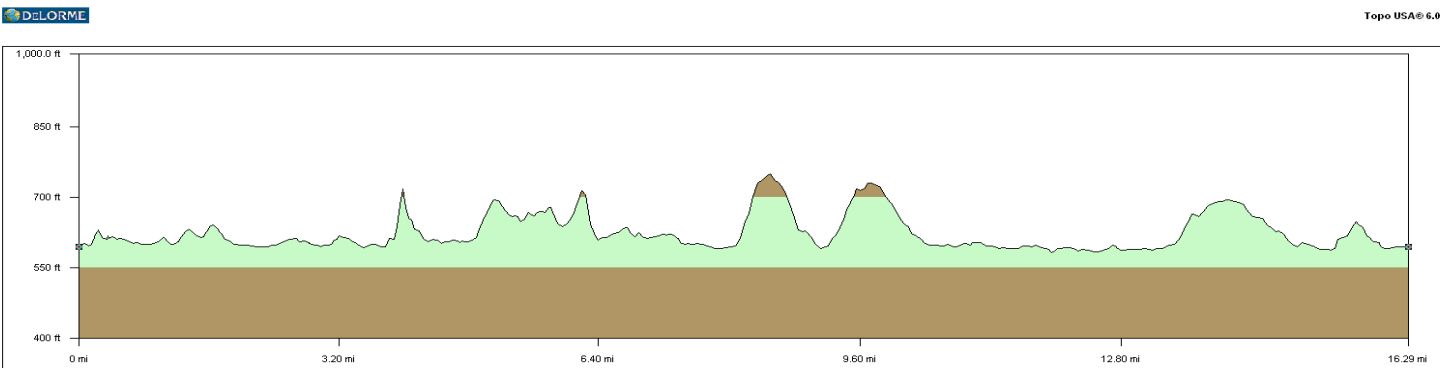
QUE Sheet Loop 401

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	NH 113 / Tamworth Road		
Straight (W)	on	NH 113	0.41	0.41
Straight (W)	on	NH 113 / NH 25	2.74	3.15
Turn Right (W)	on	NH 113	3.89	7.04
Turn Right (W)	on	NH 113A	13.16	20.2
Straight (S)	on	NH 113 / Tamworth Road	2.00	22.20
Finish	at	Tamworth Road / NH 113		



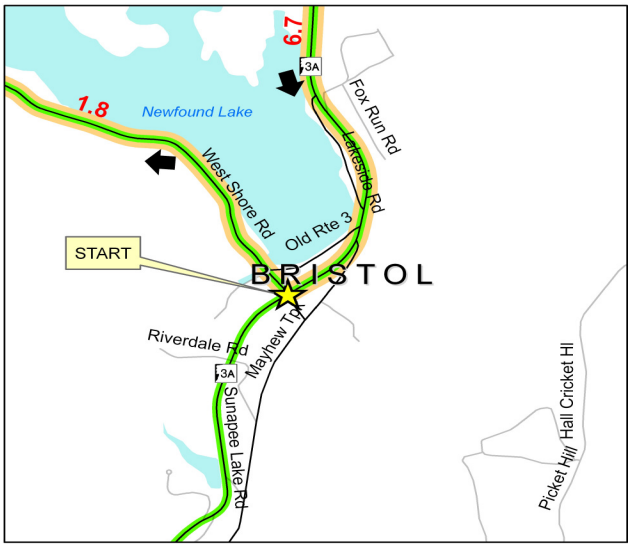
RECREATIONAL LOOP 403

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
B4	403	Bristol	Clockwise	16.4	Intermediate	Wellington State Beach Newfound Lake



QUE Sheet Loop 403

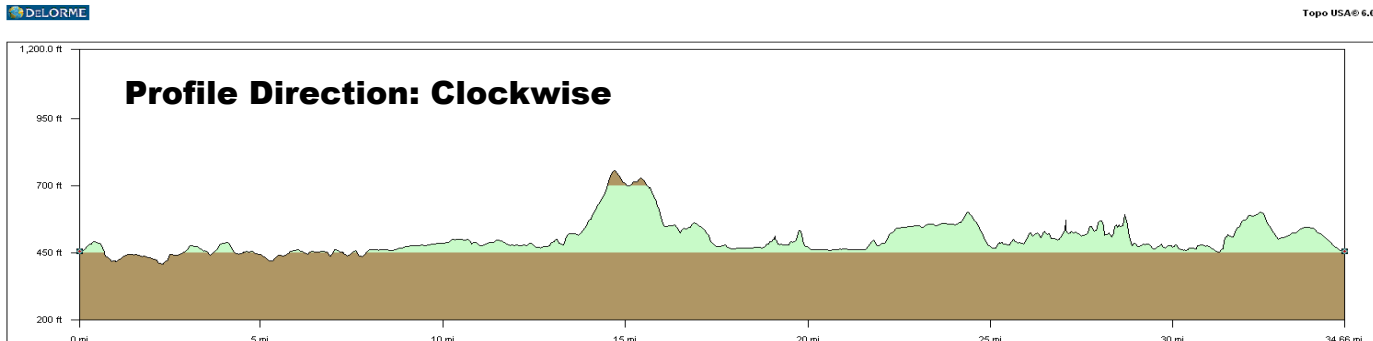
Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	W. Shore Road / Shore Drive		
Straight (NW)	on	W. Shore Road	7.18	7.18
Turn Right (E)	on	N. Shore Road	2.32	9.5
Turn Right (SSE)	on	NH 3A	6.38	15.88
Turn Right (WSW)	on	Shore Drive	0.35	16.23
Finish	at	Shore Drive / W. Shore Road		



Date: March 2008

RECREATIONAL LOOP 402

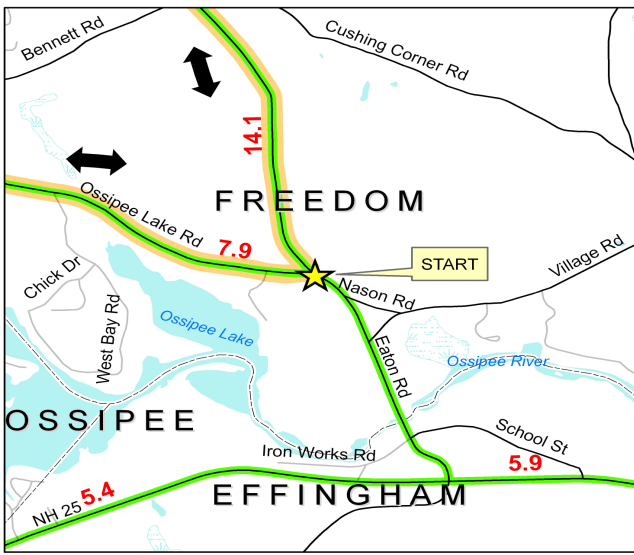
Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
G3	402	Freedom	Either	34.6	Intermediate	Madison Boulder Ossipee Lake Silver Lake Conway Covered Bridge



Profile Direction: Clockwise

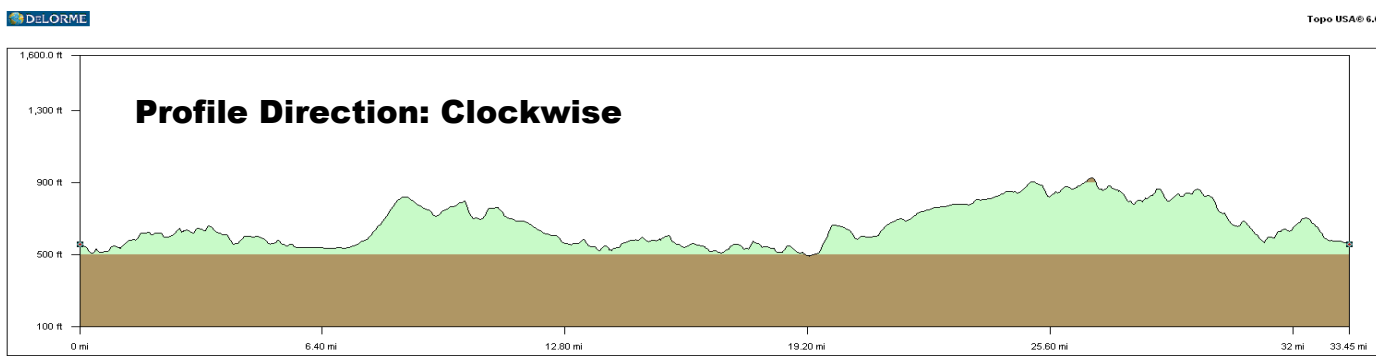
QUE Sheet Loop 402

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	Ossipee Lake Rd / NH 153		
Straight (WNW)	on	Ossipee Lake Rd	2.12	2.12
Turn Left (W)	on	Ossipee Lake Rd	5.59	7.71
Turn Right (NNE)	on	NH 41	4.47	12.18
Turn Right (NNE)	on	NH 113	6.60	18.78
Turn Right (NE)	on	NH 113 / NH 16	2.00	20.78
Turn Right (S)	on	NH 153	13.77	34.55
Finish	at	NH 153 / Ossipee Lake Rd		



RECREATIONAL LOOP 404

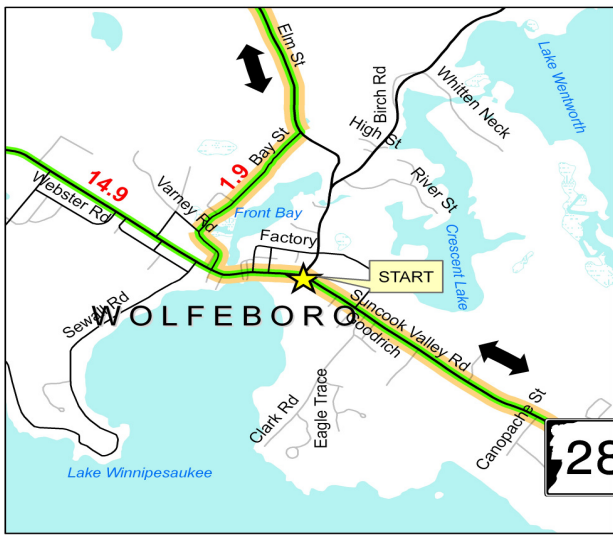
Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
E5	404	Wolfeboro	Either	33.4	Intermediate	Lake Wentworth Downtown Wolfeboro Gov. Wentworth Hist. Site



Profile Direction: Clockwise

QUE Sheet Loop 404

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	NH 28 & NH 109 / Academy Dr.		
Straight (NW)	on	NH 28 & NH 109	0.04	0.04
Stay Left (W)	on	NH 109	0.40	0.44
Turn Right (NNW)	on	Mill Street	0.24	0.68
Turn Right (NE)	on	Bay Street	0.68	1.36
Turn Left (NNW)	on	NH 109A (Pine Hill Road)	0.98	2.34
Turn Right (NE)	on	Beech Pond Road	0.28	2.62
Turn Right (E)	on	Trotting Track Road	1.36	3.98
Turn Left (NE)	on	NH 28 & NH 109	1.07	5.05
Turn Right (SE)	on	NH 109	10.00	15.05
Keep Right (SSW)	on	NH 153	6.79	21.84
Turn Right (NW)	on	Kings Highway	7.83	29.67
Straight (NW)	on	Middleton Road	1.48	31.15
Straight (NW)	on	NH 28	2.22	33.37
Finish	at	NH 109 / NH 28		



Lakes Region Rest Areas

Map Grid	Map ID	Name	Location	Phone	Schedule
A2	R-5	Rumney	Route 25, Rumney	786-9054	Summer Hours - May 25 - Oct. 8, 16 hours/day F,S,Su (7am to 11pm) 8 hours/day M, T, W, Th, (10am to 6pm) Winter Hours - Oct. 13 to May 24 - 8 hours/day M, T, W, Th (10am to 6pm)
B6	R-6	Sanbornton Boulder	I-93 SB, Sanbornton	286-4650	Open all year, 16 hours/day (7am to 10:30pm)

Lakes Region Park and Ride Lots

Map Grid	Map ID	Town	Location	Spaces	Lights	Bus Shelter	Bike Racks and Lockers	Public Phone	Public Transit
B4	P-23	New Hampton	I-93 exit 23 NH Route 104 adjacent to the NHDOT garage.	15	Yes	No	No	No	No
C6	P-22	Tilton	I-93 exit 20 US Route 3 east	63	Yes	No	No	Yes	No
C6	P-30	Belmont	NH 106 just north of the intersection of NH 106 and NH 140 in Belmont	42	Yes	No	No	No	No

LAKES REGION AIRPORTS

Map Grid	Map ID	Name of Airport	Town	Paved	Runway Length(ft)
D3	A-9	Moultonboro Airport	Moultonboro	Yes	3,475
B2	A-10	Plymouth Airport	Plymouth	No	2,380
D5	A-11	Laconia Municipal Airport	Laconia	Yes	5,286
B4	A-12	Newfound Valley Airport	Bristol	Yes	1,900
G9	A-13	Skyhaven Airport	Rochester	Yes	4,001

LAKES REGION STATE PARKS & NATURAL AREAS

Map Grid	Key	PARK OR NATURAL AREA	Min. Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
C5	21	Ahem State Park	X				X		X		X	X	
B6	23	Daniel Webster Birthplace						X			X		
D5	24	Ellacoya State Park	X	X	X	X	X		X		X	X	X
D5	25	Endicott Rock										X	X
F5	26	Governor Wentworth Historical Site								X	X		
F1	27	Madison Boulder Natural Area								X	X		
A4	28	Wellington State Park		X	X		X		X		X	X	X
F5	29	Wentworth State Beach									X	X	
F2	30	White Lake State Park			X	X	X		X		X	X	X

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.

This map is part of a 7 map series based on the State's 7 Tourist Regions. To order maps of the other tourist regions go to www.nh.gov/dor/nh/bikeped

Temming with over 273 lakes and ponds, the Lakes Region of New Hampshire is set against a backdrop of rolling hills and mountains. Roads snake along lakes, offering breathtaking views and great cycling. The central feature of this region is Lake Winnepesaukee. The terrain is rolling to moderately hilly. Traffic varies from light to moderate in the spring and fall, but is heavy between Memorial Day and Labor Day. In the Rochester area the traffic is heavy year round.

LAKES REGION

-John H. Lynch, Governor

This map provides you with a key to experiencing on your bicycle all that New Hampshire has to offer - majestic mountains, sparkling lakes and rivers, beautiful beaches, vibrant cities and idyllic small towns. As you discover our state bike trails, it won't take you long to find out for yourself why New Hampshire was named the "Most Livable State" in the nation for the fourth year in a row. You will pass through scenery and communities that have inspired artists, poets and writers for generations. And I know that once you discover New Hampshire, you'll want to explore our bicycles paths and our state again and again.



This map was put together as a public service to provide information to bicyclists. The State of New Hampshire and the cities and towns on whose roadways or rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map are not responsible for your personal safety, and in no manner warrant or guarantee the safety of the roads or rail trails on this map for use by bicyclists.

Reflectors

Reflectors will increase your ability to be seen. No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the director which conform to 49 CFR 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 266:87(I))

No Person, during darkness, shall operate a bicycle equipped with clipless pedals unless the operator is wearing either reflectorized leg bands on the lower exterior of the operator's legs or some other type of light reflective equipment on the exterior of either the operator's legs or shoes. (RSA 266:87(II))

Handlebars and Seat

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle. (RSA 265:144(I))

Don't Carry Passengers

No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144(II))

Don't Cling to other Vehicles

Clinging to a moving vehicle is extremely dangerous. No person riding a bicycle shall hold fast to or hitch onto any vehicle moving upon a way. (RSA 265:144(III), RSA 265:145)

Helmets Must Be Worn By Children Under 16 Years of Age

No person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

Ride Single File

Never block traffic by riding two abreast. Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))

Use of Hand Signals

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

Respect the Laws in NH Communities

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

Keep your Bicycles Safe

Do a bicycle safety check before you ride. No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(XI))

Traffic Laws Apply to Bicycles

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265:143)

Lights Required for Night Riding

You must see and be seen to be safe on a bicycle. Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlamps on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector. (RSA 266:86)

Brakes

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA 266:88)

NEW HAMPSHIRE BICYCLE MAP



DTTD/Mark Wiitala

